

Monday  
through  
Friday 8 a.m.  
to 4 p.m.

Salad Bar  
opens 11 a.m.

Lunch is  
served from  
11:30 a.m. to  
1 p.m.

Brenda  
Moore,  
Pettis County  
Services  
Director

312 S. Washington  
Sedalia, Mo. 65301  
660-826-0713

### Winter Safety Tips

Winter is setting in for sure, but you can stay warm and cozy in your home and also stay safe when you bundle up for the outdoors.

The National Institute on Aging has these reminders for you:

Set your heat to at least 68 to 70 degrees. Close off rooms you are not using.

Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.

Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, use weather stripping or caulk to keep the cold air out.

Dress warmly on cold days even if you are staying home. Throw a blanket over your legs. Wear socks and slippers.

When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.

Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.

Drink alcohol moderately, if at all.

Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

Dress for the weather if you have to go out on chilly, cold, or damp days.

Wear loose layers of clothing. The air between the layers helps to keep you warm.

Wear a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.

Wear a waterproof coat or jacket if it's snowy.

Change your clothes right away if they get damp or wet.

We may be able to put you in touch with agencies that can help you make your home warmer in winter or get assistance with utility bills for low income individuals. Call our Care Manager, Joy Guymon at 660-826-0713 for more information.

## About our center

The Sedalia Senior Center is one of 22 centers in 13 West Central Missouri counties that are operated by Care Connection for Aging Services.

Our mission is to provide resources and services that empower people to create healthy aging experiences. Our vision is that the people we serve will live with maximum independence, respect and

dignity. To meet those goals, we offer meals, both in-house and home-delivered, fitness and recreation, education, and care management services.



### New Year's Traditions

Like people all over the world, Americans carry out traditions on the last day of the year to let go of the past and latch on to the future. Fireworks, champagne and midnight smooching are among the festive ways New Years is celebrated in the U.S. Many people enjoy welcoming in the New Year with family and friends, while others prefer a public celebration amongst a crowd of boisterous revelers.

Watching the colorful, crystal ball drop in Time Square never gets old for the TV viewers who turn on their TV sets every December 31. Since 1907, barring World War II years, New York City has hosted a massive party on Times Square. As many as 1 million people attend this party every year to enjoy musical performances, fireworks and party favors, although alcohol is forbidden. The culmination of the festivities is the midnight lowering of a ball from the Times Tower. The original 1907 ball was illuminated and made of wood and iron. The modern ball weighs 11,875 pounds and is covered in Waterford crystals that make it shine.

Traditions frequently revolve around the stroke of midnight, which heralds the new year. At both public and private gatherings, people count down the last 10 seconds of the old year at 12 a.m. Many people toast to the new year with a glass of champagne while others grab a loved one or a friendly stranger and bestow upon him the first kiss of the year. Many towns and cities put on a show with fireworks and provide noisemakers, meant to scare off evil spirits. Some Americans band together and sing "Auld Lang Syne," an Irish song bidding farewell to the old year.

Some Americans eat certain foods either at New Year's Eve parties or on New Year's Day to bring good luck. European-Americans often eat pork, not only because the pig's plumpness suggests plenty, but also because pigs dig with their snout in a forward motion. People like the idea of moving forward into the Near Year. New Englanders often choose cabbage to go with their pork as a symbol of prosperity. Another dish for prosperity is Hoppin' John, a southern dish made of black-eyed peas. Not only do the "eyes" on the black-eyed peas resemble a circle for the completed year, but they also represent abundance, symbolizing the hope for a similar amount of money.

Traditions courtesy of [almanac.com](http://almanac.com).

However you choose to celebrate, be safe and have a very Happy New Year!



## In the News



All of us at the Sedalia Senior Center want to wish you a very happy and healthy New Year. We are grateful for your patronage and support in 2018 and look forward to serving you in 2019!

Join us at the Senior Center on Thursday, January 24 from 6 to 8 PM for our Open House. We will have snacks and door prizes. Come on down and see how beautiful our center is after all of the redecorating and remodeling!

### Birthday Celebration!

We will have our monthly birthday celebration at lunchtime on Thursday, January 31st. If you have a January birthday, come in for lunch and get your birthday bag. We will have fried chicken and birthday cake at lunch.



The Sedalia Senior Center will be closed on Tuesday, January 1 in observance of the New Year's Day holiday. We will be open as usual starting on Wednesday, January 2. Come down for cake and punch to celebrate the new year!

Panera Bread is holding a fundraising evening to benefit the Senior Center from 4 to 8 PM on Thursday, January 17. Stop by the Senior Center and pick up a flyer. You need to present the flyer at Panera to participate in the fundraiser.

Buffalo Wild Wings still has a fundraising event going to benefit the Senior Center. Stop in to enjoy some wings and tell them you are there to support Team B. The Senior Center will receive 20% of the proceeds from this fundraiser. Eat wings, watch sports, and support your senior center!

# **JANUARY 2019**

**1— CLOSED FOR HOLIDAY**

**4— SEDALIA HISTORY AT 1:00**

**7— NATIONAL BEAN DAY—BEAN COUNTING CONTEST**

**11—SEDALIA HISTORY AT 1:00**

**14—COVERED BRIDGE DAY**

**17—PANERA FUNDRAISER**

**18—SEDALIA HISTORY AT 1:00**

**23—NATIONAL PIE DAY—PIE SALE**

**24—OPEN HOUSE 6 TO 8 PM**

**25—SEDALIA HISTORY AT 1:00**

**28—SCAVENGER HUNT AT 11:00**

**29— NATIONAL PUZZLE DAY**

**31—BIRTHDAY CELEBRATION**

**31—”TALKING TO YOUR DOCTOR” WITH STACEY**

## **Baked Ham and Cheese Party Sandwiches**

**Perfect little treats for your New Year’s Eve celebration**

**Preheat oven to 350 degrees and grease a 9 x 13 baking dish. In a mixing bowl, combine 3/4 cup melted butter, 1 1/2 tablespoons Dijon mustard, 1 1/2 teaspoons Worcestershire sauce, 1 1/2 tablespoons poppy seeds, and 1 tablespoon dried minced onion.**

**Separate tops and bottoms of 24 mini sandwich rolls and place bottoms in baking dish.**

**Layer one pound of thinly sliced ham and one pound of thinly sliced Swiss cheese on rolls. Place the tops on the sandwich rolls. Pour the mustard mixture over the sandwiches and bake for 20 minutes. Slice into individual sandwiches to serve.**

